

# K-6 Italian Tossed Salad

<b>Servings:</b>	24.00
<b>Serving Size:</b>	1.00 Serving
<b>Meal Type:</b>	Lunch
<b>Category:</b>	Entree
<b>HACCP Process:</b>	Same Day Service

Italian Tossed Salad

## Nutrition Information

<b>Calories</b>	207.15	<b>Protein</b>	14.60g
<b>Fat</b>	4.19g	<b>SaturatedFat</b>	1.30g
<b>Trans Fat</b>	0.00g	<b>Cholesterol</b>	39.87mg
<b>Carbohydrates</b>	31.66g	<b>Fiber</b>	8.60g
<b>Sugar</b>	18.50g	<b>Sodium</b>	381.66mg
<b>Iron</b>	3.09mg	<b>Vitamin C</b>	99.38mg
<b>Vitamin A</b>	9498.20IU	<b>Calcium</b>	107.29mg

## Ingredients

Measurement	DistPart #	Description	Preparation Instructions
48 Ounce	202150	TURKEY HAM DCD 2-5 JENNO	
12 Ounce	429198	ONION RING RED 1/4 2-5 RSS	
24 Cup	735787	LETTUCE ROMAINE CHOP 6-2 RSS	
72 Ounce	129631	TOMATO GRAPE SWT 10 MRKN	

## Preparation Instructions

1 Serving place 1 cup of romaine lettuce in a 12oz clamshell bowl

top with 4 cherry/grape tomatoes

next add 2 oz of turkey ham

add 1/2 oz of red onions slices

Optional condiment

1 packet Parmesan cheese

1 packet croutons

1 package of fat free Italian dressing